

Win/Connect Train Send

21 DAYS OF

PRAYER AND FASTING

JAN 5-25 2026



"BUT THOSE WHO WAIT ON THE LORD SHALL RENEW THEIR STRENGTH..." ISAIAH 40:31



Prayer & Fasting Guide 2026

This 21-day journey is designed to help you grow closer to God personally and unite with our church family in prayer. Each day includes a ***personal focus*** and a ***church focus***, along with Scripture readings to guide your heart and mind.

Begin each day by reading the Scriptures provided. Take a few quiet moments to reflect and **journal your thoughts, prayers, and anything the Lord is speaking to you**. Then spend time praying intentionally over both the personal and church focuses.

Move through each day with an open heart, a listening spirit, and an expectation that God will work in your life and in our church. May these 21 days draw you deeper into His presence and strengthen your faith.



Prayer & Fasting Guide 2026

WEEK 1 FOCUS: WIN AND CONNECT

Date: Monday, January 5, 2026

Personal: A Right Heart (Psalm 51)

Read – Psalm 51

No one is perfect, but despite this, we should still strive for perfection. When we make mistakes, it's essential to reconcile with God and maintain a clean, repentant heart. Take some time to ensure that your heart is right with God as we begin this journey of prayer and fasting.

Church: Compassion for the Lost

Read – Matthew 9:36

The world is filled with countless people who do not know who Jesus is. Our responsibility is to have so much compassion for those who are lost that we do everything we can to help them understand God. God loves them, and in turn, we should demonstrate the same love that we have received.

Date: Tuesday, January 6, 2026

Personal: Trust in God / Strength

Read – Proverbs 3:5-6

We live in a society that increasingly emphasizes self-reliance. The prevailing idea is to trust yourself and not rely on others because you are all you need. However, God wants us to place our trust in Him and Him alone. When we trust God, we find our true strength. Commit today to fully return your trust to God in every area of your life.

Church: Connection Groups/ New Leaders

Read – Mark 10:42-45

As we grow, we need to be more intentional about the growth that God is providing us. This means we must raise up new leaders who are prepared to meet the needs of those who join us. Let's come together in prayer for the emergence of new leaders and connection groups, so that even as we grow larger, we can maintain a personal touch for everyone.

Date: Wednesday, January 7, 2026

Personal: Wisdom & Discernment

Read – Proverbs 2:6

King Solomon was approached by God and asked what he desired most. As a young leader of a great nation, Solomon chose to ask for wisdom. Because of his choice, God granted him everything else he could have wanted. We all need wisdom and discernment in our lives, and God encourages us to ask for these gifts. Today, take a moment to ask God for wisdom to navigate this world and for discernment regarding matters that may be beyond your understanding.

Church: Benevolence Efforts

Read – Galatians 6:10

Once we are saved, our lives are no longer solely our own. We are called to be a blessing to others, just as God has blessed us. With this in mind, our responsibility is to use the resources God has given us in ways that bring Him glory. As we continue to develop our benevolence ministry, seek God to understand your role in this important work. Allow Him to show you, regardless of whether you have much or little, how you can contribute to helping others.



Prayer & Fasting Guide 2026

Date: Thursday, January 8, 2026

Personal: Presence-Driven Lives

Read – Psalms 140:13

It's time for us to seek the presence of God. In His presence, He reveals His plan for our lives and provides us with the help we need. People should be able to see that we have been in God's presence when they come into contact with us. Make a commitment today to start your year by staying in God's presence and allowing Him to strengthen you.

Church: GrowthTrack

Read – Ephesians 4:4

At Shiloh, one of the fastest ways to get connected is through our GrowthTrack program. In this program, you will learn about the heart of our ministry, discover your unique giftings, and find out how you can get involved. It's an excellent opportunity to grasp the vision and become a partner in our mission. You can complete the steps in any order that works for you. Commit today to taking advantage of this great opportunity to get plugged in! Let's also pray that as many are added to Shiloh in the coming year will see the value in completing GrowthTrack.

Date: Friday, January 9, 2026

Personal: Hearing God's Voice

Read – John 10:27

God is always speaking, but too often, our own voices, cultural influences, politics, and other distractions drown Him out. The Bible reminds us that God speaks in a still, small voice, and it takes discipline to hear Him. This means we need to minimize the noise around us, be still, and truly listen. Let's commit to tuning into God's voice and reducing the distractions so we can hear Him clearly, especially when reading and meditating on His Word.

Church: Foundations Course

Read – Ephesians 2:20-22

Every Christian, whether a new or seasoned believer, needs a solid foundation. Our Foundations Course offers you the opportunity to start your walk with God on the right foot, or to strengthen areas of your life that may not have been properly established. Additionally, the Encounter retreat is a life-changing experience and an excellent way to connect with God in a whole new way. Let's pray for all who join Shiloh to sign up for this and to have a true encounter with God.

Date: Saturday, January 10, 2026

Personal: Holiness/ Righteousness

Read – Ephesians 4:20-24

God is a righteous and holy being, and since we are made in His image and likeness, we should strive to be like Him. This means examining every aspect of our lives to see if it aligns with God's will. If something does not align, we have a choice: we can either continue down that path or remove it, choosing instead to embrace God's righteousness rather than our own. We must remember that our own righteousness is like filthy rags, so it is God's holiness and righteousness that we should seek.

Church: Freedom in Christ / CFM

Read – Galatians 5:1

Many of us are held back by past experiences, trauma, childhood issues, and addictions that have taken a toll on our lives. The good news is that there is freedom in Christ for every area of your life. This course is designed to combat the lies of the enemy and replace them with the truth found only in God's Word. The class starts in March, so get ready to embark on your journey to freedom! Let's also pray for all who attend to break every chain that binds them.



Prayer & Fasting Guide 2026

Date: Sunday, January 11, 2026

Personal: Joy

Read – James 1:2

Experiencing joy is not just a suggestion; it is a fundamental aspect of the Christian way of life and a fruit of the Spirit. Life will challenge us relentlessly in attempts to steal our joy, but we must learn to embrace joy even when our circumstances offer little to celebrate. Being joyful means remembering that, no matter what happens, God is still in control. Use these moments to seek true joy in the Lord, understanding that trials and tribulations will inevitably arise.

Church: Easter Outreach

Read – Romans 1:16

Easter is often referred to as the "Christian Super Bowl." It is a time of year when many people who typically do not attend church come to participate. This is wonderful news for the body of Christ. Please pray for the cast and crew of the Easter play, that the gospel of Jesus Christ is communicated clearly through their artistic efforts, and that lives will be transformed. Pray that many lost souls come to enjoy the play, but leave having received Jesus Christ as their Lord and Savior.

WEEK 2 FOCUS: TRAINING

Date: Monday, January 12, 2026

Personal: Family Altars

Read – Malachi 2:15

This year is the time to dedicate ourselves to spending quality time in our households by praying and reading God's Word together. The best way to strengthen the Church is to focus on building strong spiritual families first. Make a commitment to set aside time for family altar discussions this year.

Church: Worship Teams

Read – Colossians 3:16

Worship doesn't begin only in church, on the pulpit, or when your favorite songs are performed by your favorite artists. Worship starts the moment you wake up, in the quiet of your home, without the crowd listening to your voice. It is a lifestyle and an expression of what we do for God each day. Today, please pray for our praise and worship team, that their lives truly reflect the essence of worship. As you pray for them, also pray for yourself, that your life is a reflection of who God is and that our worship is pleasing to Him.

Date: Tuesday, January 13, 2026

Personal: Strong Marriages

Read – Mark 10:6-9

A strong marriage is essential for a healthy family. Satan has caused harm to the family unit by trying to divide husbands and wives, creating conflict between them. Today's culture often undermines the significance of the husband-wife relationship. We should pray for our own marriage and for others, remembering that what God has joined together, no one can separate.

Church: School of Discipleship

Read – 2 Timothy 2:2

To fully embrace discipleship, you must move beyond a worldly mindset. Jesus chose individuals who were engaged in secular work and taught them how to use their skills for the kingdom. For us, this means participating in a discipleship program, which is designed to provide you with a solid foundation in Christ. If you haven't yet gone through it, I encourage you to pray and consider joining. It's a wonderful way to spend your Tuesday nights. Additionally, please pray for those who will participate and for the teachers who will guide them.



Prayer & Fasting Guide 2026

Date: Wednesday, January 14, 2026

Personal: Strong Men

Read – 1 Corinthians 16:13-14

One of the enemy's greatest fears is strong men who stand up for God, fight for their families, and lead their communities. Scripture gives men clear guidance to be vigilant and reminds us to stand firm in our faith. It encourages us to act like men. Kingdom men move, act, and respond in unique ways. Our strength comes not from ourselves, but from the strength that God has given us. Please pray for the men in your life, and for those around you.

Church: Men's Conference & Events

Read – Proverbs 27:17

This year, let's pray for our men to build meaningful relationships with one another. Scripture reminds us that older men should teach younger men, fostering a culture of accountability. Please pray for our Men's Conference as we encourage men to engage with their spiritual lives, families, and children. We ask for your prayers for the speakers and hope to have 300 community men ready to stand up and embody what the scriptures teach us about being a man.

Date: Thursday, January 15, 2026

Personal: Strong Women

Read – Proverb 31:30

When Satan cannot bring down men, he will target women instead. He uses various new-age tactics to make them feel unworthy, unloved, and overlooked. It is essential to recognize that God's Word serves as the standard for their identity, and we must continually speak it over their lives. Scripture reminds us that women are loved, powerful, and needed. Let us pray for the women in our lives and ask that God continue to use them for His great work.

Church: Deeply Rooted / MomCo

Read – Ephesians 3:18

Our Deeply Rooted and MomCo ministries are designed for women to connect with one another. Scripture teaches us that older women should guide younger women. MomCo specifically focuses on motherhood and the challenges that come with it. Both ministries continually support our women, providing them with strength and encouragement. Let us pray that every encounter becomes a stepping stone for our ladies to grow stronger in their faith in God.

Date: Friday, January 16, 2026

Personal: Children

Read – Proverbs 22:6

Our children are pivotal as the years go on. They will carry the torch, blaze new trails, and become the future leaders that God intends for them to be. But how will they get there? We must disciple them and create space for their growth. Our young people have voices that deserve to be heard. To make this happen, we need to focus on effectively discipling them to reach the next level in their relationship with God.

Church: Ministry Teams

Read – 1 Peter 4:10

Shiloh is fortunate to have many volunteers who serve on various ministry teams, contributing to the important work of God. Most of these individuals—men, women, youth, and children—dedicate their free time to support the ministry's functions. Please pray that more people will be inspired to join and help with this work, as many hands make light work. Additionally, pray for those who are already serving, that they may use their gifts to bring glory to God and that do so with the heart of a true servant.



Prayer & Fasting Guide 2026

Date: Saturday, January 17, 2026

Personal: Youth

Read – 1 Timothy 4:12

Youth is a stage where many individuals begin to recognize their gifts and talents. When provided with the right motivation, they often express a desire to serve and give back. However, this age group faces challenges, as negative influences can distract them from their potential—Satan knows they are the leaders of the future. Our responsibility is to nurture the seeds that have already been planted, sow new ones, and allow them the space to flourish. We should pray for them, encouraging them to understand their identity in God and to choose service to Him over conforming to worldly culture.

Church: Youth Conference (July)

Read – Ecclesiastes 12:1

One of the most invigorating experiences for youth is the youth conference. It serves as a time for refreshing but also ignites a passion like no other. Last year, we took 44 youth, and this year, we would love to bring 60. Pray for a significant transformation to occur this year at the conference.

Date: Sunday, January 18, 2026

Personal: Young Adults

Read – Psalm 149:6

The young adult age group (typically aged 18-30) often leaves the church, experiences life without God, and then returns in their 30s seeking divine help to address the issues they faced during their absence. However, we believe that this age group is uniquely called by God to challenge societal norms, spread His presence everywhere, and ignite a passion that only they can bring. We pray that they will not go through a period of rebellion but instead live boldly for God.

Church: Ministry to Singles (All Ages)

Read – Psalm 37:4

Being single should never be seen as a hardship but as a gift and/or as a season. Singles have a place in the kingdom and their identity is not in their relationship status. Pray for our singles as they navigate a world filled with temptations and the lie that they are missing out. Pray that God comforts them, connects them well and reminds them that He makes everything beautiful in its proper time.

WEEK 3 FOCUS: SENDING

Date: Monday, January 19, 2026

Personal: Nation

Read – 2 Chronicles 7:14

Currently, our nation is deeply divided. Issues related to politics, race, and gender are creating significant rifts among us. It is important for us to come together in prayer for our nation, to seek repentance, and to restore God as the central figure in our society. Let us pray for God to return to the heart of our nation.

Church: New Strategies / Healthy Growth

Read – Proverbs 24:3-4

Shiloh is entering a new season of transition and growth. We are beginning to see an increase in younger families, more children, and individuals from diverse backgrounds. This shift means we need more leaders and must be prepared to welcome and minister to these new attendees. Please pray that our leadership teams gain insight into the necessary steps we need to take to support these individuals. Additionally, reflect on how you can find your place to help and assist in this process.



Prayer & Fasting Guide 2026

Date: Tuesday, January 20, 2026

Personal: National Leaders

Read – Jeremiah 3:15

God has established leaders, and regardless of whether they make the right decisions, our responsibility is to honor and pray for them. We need leaders who are God-fearing, Spirit-led, and submissive to His will. Let us pray that those in leadership are surrounded by godly men and women who will encourage and support them. Additionally, let us pray that anyone who is not saved will come to faith.

Church: Mid-Term Elections

Read – Romans 13:1-7

The midterm elections are crucial, with important issues such as abortion, children's protection, and other vital matters at stake. Our first responsibility is to pray. Rather than voting for a party, vote based on biblical principles. Seek God's guidance in choosing the candidate He wants you to support. Additionally, be sure to do your due diligence and actually go out to vote. Pray that God's will be done and that the right individuals are elected to office.

Date: Wednesday, January 21, 2026

Personal: Prayer for the Unborn

Read – Psalm 127:3

Our role is to be the voice for those who cannot speak for themselves. In today's culture, many people devalue human life, especially the lives of unborn children. It begins with seeing that every baby is a bearer of the image of God. Please take a moment to pray for unborn babies that they may be given the opportunity to live through the renewing of minds and hearts and the enactment of righteous laws and policies.

Church: CareNet

Read – Jeremiah 1:5

CareNet is dedicated to not only saving babies but also supporting the mental, physical, and spiritual well-being of mothers. Many of these women are facing difficult situations and need guidance, care, and love as they contemplate their choices regarding their unborn babies. Our mission is to pray for them to choose life while also providing the necessary resources for them to thrive with their new child.

Date: Thursday, January 22, 2026

Personal: Prayer for Schools

Read – Daniel 1:17

Our children need us to advocate for them and to be present in their lives. Our schools are attempting to teach ideologies that may lead our kids away from God. Teachers are under pressure to present material that they may not agree with. Let's pray for our schools, their leadership, and our teachers, so that God is welcomed back into the educational system and that Jesus is taught as well.

Church: CEF

Read – Deuteronomy 6:6-7

Child Evangelism Fellowship (CEF) is a program aimed at reaching children in schools with the Gospel through volunteers of all ages. It also involves training youth to reach and disciple children. We encourage you to pray and participate in this important mission as we strive to reach children right where they are.



Prayer & Fasting Guide 2026

Date: Friday, January 23, 2026

Personal: The Persecuted Church

Read – Matthew 5:10-12

Currently, churches in places like China, Nigeria, and other parts of the world are facing persecution. Christians are being forced to meet in secret and in hiding, putting their lives at risk. While it may seem like this is only affecting them, it could happen to us as well. Let us pray that God delivers and protects them. We should pray against the evil that targets the Body of Christ as a whole. Pray that they remain bold for Jesus, even in the face of death.

Church: Missions Board

Read – Mark 16:15

Our Missions Board has an important responsibility. They oversee all sending, funding, and prayer efforts for domestic and foreign missions. They also keep the lines of communication with our supported missionaries. They make recommendations to the Board of Directors for all missionary efforts. Please pray for our Missions Board to have faith, wisdom and discernment as they support missionaries in spreading the gospel to the entire world.

Date: Saturday, January 24, 2026

Personal: Prayer for Missionaries

Read - Matthew 28:19-20

The mission field requires hard work. Missionaries experience dangers, lack of resources, dealing with government opposition, challenges translating scriptures for unreached ethnic groups, personal and family problems, and feeling alone. Some people uproot their entire families to respond to God’s call on their lives. Please pray for those who said “Yes” to the Lord. Ask God to protect, guide, and provide for them. Pray for the souls they will reach by being the voice, hands and feet of Jesus.

Church: SCM Short-Term Missions

Read – Acts 13:47

Short-term missions are brief trips aimed at providing humanitarian aid, evangelizing, or assisting with community projects. Regardless of the purpose, individuals who participate often travel domestically or abroad to share their gifts and time with those in need. Please pray that more of our members take the step of faith and experience the joy of short-term missions. Short-term missions are transformational.

Date: Sunday January 25, 2026

Personal: Prayer for Local Outreach

Read – Matthew 25:35-40

We often think that "going into all the world" means leaving our home country, which causes us to overlook our own neighborhoods, local cities, and surrounding areas. Let this year be different. Let's prioritize being the hands and feet of Jesus right here in our own backyard. Pray about it, and then look for a local outreach opportunity to get involved in.

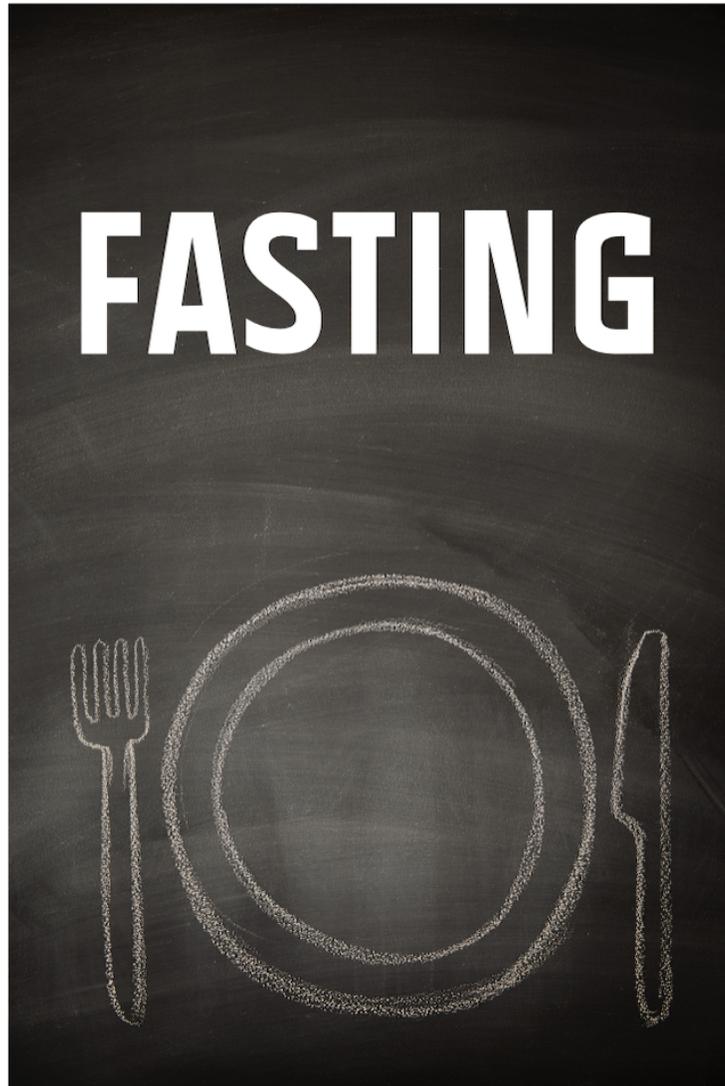
Church: Unity in Sierra Vista

Read – Psalm 133:1

Shiloh is not the only church in town; there are many others doing amazing things for God. However, differences in style, ethnic backgrounds, and even doctrinal beliefs can lead to division. This year, we want to change that. Let's pray against this spirit of division and declare unity in the name of Jesus. Let us find practical ways to strengthened the bond of unity. We are all members of one body and one church, and none of us is better than the others.

FASTING 101

By Jentezen Franklin



I believe that many Christians fail to tap into one of the most powerful and rewarding spiritual reservoirs we have at our disposal—fasting. And it’s often because they don’t know much about this important command for Christ’s followers. This magazine is devoted to sharing with you the “what,” “why,” “how” and “when” of this important scriptural discipline so you can put it into action for your life. If you’ve never fasted or want to know more about it, I want to cover the basics with you.

WHAT IS FASTING?

Biblical fasting is giving up specific foods and drink for a specified number of days. The type and length of the fast you choose is between you and God, and should not be determined by what anyone else is doing. (See specific Types of Fasts below.) Every year our entire congregation at Free Chapel, along with our ministry friends and partners around the world, participate in a 21-day fast at the beginning of the New Year. We want to give God our best and our first. Fasting, prayer and reading God’s Word go hand in hand. When you fast, also pray for God’s purpose and plan for your life to be revealed. Fast and pray about every major decision in your life.

Simply put, fasting is a way to conquer the physical and open the door to the supernatural in your life. When you deny your body, you feed your spirit and grow closer to the Lord.

WHY FAST?

In Matthew 6, Jesus gave us specific direction on how to live as a child of God. That pattern addressed three specific duties of a Christian: Giving, Praying and Fasting. Jesus said, “When you give,” “when you pray,” “when you fast.” He made it clear that fasting, like giving and praying, was a normal part of Christian life. I believe that when all three disciplines—giving, praying and fasting—are at work in your life, you release the complete power of God. It’s much like the lesson Jesus taught in Mark

4:80. When you pray, you release the thirty-fold return. Praying and giving releases sixty-fold blessing. But when you pray, give and fast, you will see a hundred-fold return!

HOW DO I FAST?

Before beginning a fast, write down a plan and make a verbal commitment to the Lord. When you approach it with determination, you'll be less likely to waiver in weak moments. You may be surprised to find that fasting is not as daunting as you may think. But if you do find it to be a battle, don't lose heart, God knows your weaknesses. His fasting principles allow you the flexibility to take care of your job and duties while still making a sacrifice to honor Him. (see Fasting Q&A section) If the traditional full fast has always made you shy away from this important principle, you may be surprised to know that there are actually many different types of fasts. Find the fast or combination of fasts that fits your needs. For example, if you choose to go on a 21-day fast, you may want to begin with a full fast for 1-3 days and then continue with a Daniel Fast or some other type of partial fast for the remainder of the 21 days. No matter which fast you decide on, you must always remember to consult your doctor and drink lots of water.

TYPES OF FASTS

FULL FAST. Drink only liquids – especially water. On this type of fast you may also take in clear broth and 100 percent fruit or vegetable juices in order to maintain your strength. You establish the number of days for your fast in your prayer time. Be sure to consult your doctor.

PARTIAL FAST. There are many options for partial fasts. Below are just a few for you to select from.

- **Daniel Fast:** The most frequently used example of a partial fast, found in Daniel, chapter 10, the Daniel Fast is a fast from meats, sweets, breads and any drink, except water, for a specific time period (Daniel 10:2-3). The easiest way to think of this fast is you should eat vegetables, fruits and drink only water. Be sure to consult your doctor, especially if you have any medical condition.
- The following are examples of other types of partial fasts. But remember, the type of fast you select is what you and the Lord agree upon.
 - Give up one item of food or drink such as caffeine, coffee, soft drinks or sweets or give up one meal.

- Fast for a specific number of days . . .one day, three days, so on.
- Choose to fast from 6 a.m. to 3 p.m. or from sun-up to sundown. When doing this type of fast, consider your work and sleep schedule. The hours that you sleep should not be considered part of your fasting period, so the timeframe for this type of fast may vary.

The Lord speaks of Private fasts and Corporate fasts in Scripture.

CORPORATE FAST. A Corporate fast is a joint fast of believers for a specific purpose that can yield powerful results. Although this fast involves others, it is also very much a “private and personal experience.” Esther called all of her people to fast for protection against danger (Esther 4:16). Samuel declared a fast for national revival (1 Samuel 7).

WHEN SHOULD YOU FAST?

If you want to make fasting a way of life, work out a plan for the entire year to include days or meals to fast that works into your lifestyle. You may decide to fast one day a month or one meal a week. You may even decide to do a partial fast for one week every other month. Options are endless. There are also other unexpected times that you may feel a need to fast—during family struggles, financial problems, etc. Specific times when you need to capture the attention and mercy of God in your life.

NOTE FROM PASTOR ERICK

We must recognize the effect that media has on our lives. Social media, entertainment, news, and gaming can feed our flesh, can be addicting, can overwhelm us with negativity, and can also take up time that should be devoted to God. We should consider giving up any of these as we are convicted by the Lord. When we fast food, coupled with prayer, worship, and reading of the Word while abstaining from media, it can have a powerful effect on our spiritual walk. These effects are described clearly by Jentezen Franklin above.

 Prayer & Fasting Guide 2026